

## **XPC EVENT & SAFETY POLICIES**

Xtreme Powerlifting Coalition, (“XPC”) Event Staff, (“Staff”) will maintain professional, safe and legally-compliant policies during the production and execution of the Powerlifting Event (“Event”). The XPC will maintain a safe environment for all athletes who participate in the Event. Staff will maintain knowledge of XPC Powerlifting Rules, obtain training in safety response techniques and practices, possess training in areas of weight lifting safety spotting practices, and training in proper squat, bench, deadlift techniques and practices. XPC Certified Referees will maintain strict control over the Event judging practices and procedures. Prior to start of Event, Staff will provide all participants with a copy of these policies and discuss the inherent risks related to participating in said Event. (The XPC Standard Operations Procedures document can be referenced for complete details regarding risk-management, event operations, planning strategies, safety guidelines, health, legal and compliance issues).

### **Event Safety, Logistics & Professionalism**

- The XPC will host highly professional Powerlifting Events following strict safety guidelines and procedures. Participating Athletes, (“Athletes”), Staff, and equipment will all be of the highest, specialized quality to reduce the risk of injury. Athletic excellence will be priority and Staff and Athletes will provide an enjoyable, high energy environment for spectator viewing. Athletes must behave appropriately and dress in acceptable attire at all times before, during, and after Event while in Event Areas. Staff will intervene if an Athlete’s behavior or attire is perceived to be unacceptable, unprofessional or unsafe.

Facility & equipment setup and operation will be strictly supervised and conducted by Staff. Staff will inspect all weights, barbells, collars, benches, flooring, monolifts, warm up areas and event platform prior to beginning the Event. Staff will take reasonable steps to prevent injury from occurring and respond quickly if an injury occurs. Emergency Response professionals will be engaged and on-hand during the Event. Site emergency procedures and first aid stations will be inspected by Staff prior to beginning the Event. XPC will maintain and provide to Event facility, event-specific liability policy with a licensed insurance company.

### **Athletes’ Health Safety**

- The XPC deems Athlete safety and performance as a priority. All precautions will be taken to proactively care for participants as well as Staff engaged in all areas of the Event; including, but not limited to warm up area, platform spotting and loading activities. Staff will ensure strict compliance to all safety policies before, during, and after Event.

XPC advises all Athletes to consult their personal health care provider’s guidance prior to participating in Event. Athletes are also advised to prepare and train sufficiently prior to participating in Event. Athletes are required to list any and all current or prior medical conditions on their entry forms that may affect participation or performance (i.e. cardiac conditions, diabetes, musculo-skeletal problems, etc.) in order to alert on-site medical professionals in case said Athlete needs assistance. Athletes will be required to sign a release form assuming all liability in participation in Event.

### **Drug Guidelines & Procedure**

- The XPC strictly prohibits Staff and or Athletes from providing, recommending or engaging in use, exchange or purchase of substances or supplements that are deemed illegal, prohibited or harmful to Athletes for the purpose of enhancing athletic performance as listed in the XPC Banned Substance List. Any person perceived to be engaging in such activities will be presumed guilty of drug policy violation and will be removed from Event and any prize or title from said Event will be forfeited.

The XPC **Banned Substance List** follows the NCAA list of permissible and non-permissible supplements and substances. Athletes will be issued this list prior to their participation in an XPC Event. Athletes will be informed that a planned number of random athletes will be selected to participate in drug testing at the Event. The XPC will ensure Athletes are informed that the Event is a drug-free Event. Athletes’ professional behavior and legal-compliance is required in order to participate in said Event. (The drug testing protocol guideline can be found in the XPC Standard Operations Procedures).